



# Nutrition Nuggets

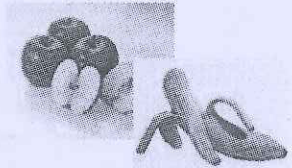


Family Nutrition Program Newsletter  
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## Frugal Foods: Spend Less, Get More!

Here is our “top 10” list of frugal foods that combine great taste while packing a nutritious punch. All of the frugal foods on our list are versatile — try them for breakfast, lunch, supper and snacks.

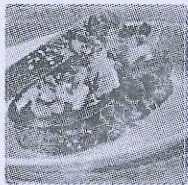
**Apples and Bananas.** A perfect on-the-go snack, both apples and bananas are naturally portable. Eat these satisfying and sweet nutritional powerhouses raw or baked, or add them to salads, desserts and baked goods.



**Beans.** Full of antioxidants, dietary fiber and protein, canned beans cost about 23 cents per serving. Dry varieties that you cook yourself cost even less. Keep them on hand to pack into brownbag lunches and to make quick suppers.

**Brown Rice.** With a slightly nutty taste, brown rice is a whole grain. It is more nutritious than white rice. Serve as a side dish, at breakfast or as a snack with cinnamon and milk, or add to casseroles and soups.

**Canned Tomatoes.** Canned tomatoes make a great base for countless main dishes, dips, sauces, soups, stews and chili. Tomatoes are rich in vitamin C and lycopene. Buy them without added salt if possible.



**Canned Tuna.** A versatile addition to sandwiches, salads and casseroles, tuna is high in protein and vitamin D, and low in calories and fat.

**Eggs.** Costing usually less than \$2 for a dozen, eggs are high in protein. Boiled, fried or scrambled — eggs cook quickly, so they’re perfect for breakfast, lunch or supper. For variety, try French toast, huevos rancheros or egg salad.

**Fat-free Milk.** A natural convenience food, skim milk offers a healthy dose of vitamin D, calcium, protein and potassium. Serve skim milk with meals and snacks, and use in soups, smoothies and desserts.

**Kale.** At about a dollar a bunch, kale is one of the least costly green vegetables you’ll find. Three ways to quickly serve kale are to: Serve it hot after pan-frying with garlic and a small amount of vegetable oil; Steam and add to pasta salads or as a topping on homemade pizza.



**Potatoes.** White potatoes and sweet potatoes are satisfying and are high in dietary fiber, vitamin C and potassium. Bake, boil, roast, pan-fry or oven-fry them, or add to casseroles or soups.

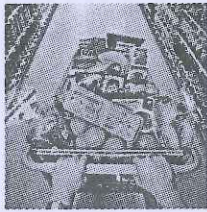


**Rolled Oats.** At just 14 cents, one cup of cooked oats is a heart-healthy whole grain with 4 grams of dietary fiber. Cook oats with fruit for a breakfast or snack, or add them to baked goods.

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This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.





## Evaluate Your Shopping Cart

Submitted by Jan McMahon

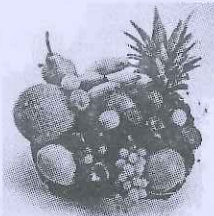


The 2010 Dietary Guidelines for Americans encourage us to eat more fruits and vegetables. Most likely the first response from consumers is they are too expensive. Is this true?

The latest statistics from the Economic Research Service in 2008 showed food prices increased over 6 percent. With the strain of the recession, it is hard to put food on the table for many families.

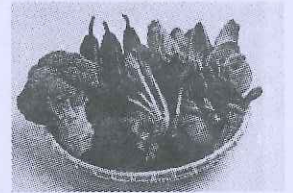
So many think nutritious fruits and vegetables are beyond their budget. So let's compare.

In a 2,000-calorie diet with proper fruit and vegetable consumption each day, those particular foods would cost \$2.00 to \$2.50 each day. Here are two options.



Option one – 1 lb. cookies, 1-lb bag of chips, 2 liters of soda, ½ gallon of ice cream. Total cost \$13.00.

Option two – 2 lbs. apples, 2 lbs. oranges, 1 lb. bananas, 1 lb. broccoli, 2 lbs. potatoes, 1 lb. cabbage, 1 lb carrots, 1 lb. romaine lettuce. Total cost \$13.38.



For an extra \$0.38, more nutritious food can feed a family on a budget!



### Baked Peach Dessert (Makes 3 servings)

*For variety, make this easy dessert with other fruits.*

#### Ingredients

2 tablespoons whole wheat or all-purpose flour  
1 teaspoon ground cinnamon or pumpkin pie spice  
1/3 cup quick-cooking rolled oats, dry  
2 tablespoons packed brown sugar

1 tablespoon vegetable cooking oil  
1 1/2 cups fresh or frozen peach slices, or a 15 ounce can

#### Directions

1. Preheat oven to 350 degrees F.
2. In a bowl, mix together all ingredients except peaches, in the order shown. Stir after each addition.
3. Spray a 9- by 5-inch loaf pan with non-stick cooking spray.
4. If using fresh peaches, wash them and remove seeds. Slice. If using canned or frozen, drain or thaw peach slices.
5. Place peach slices in the pan.
6. Spoon oat mixture evenly over the top of the peaches.
7. Bake uncovered for 15 minutes, or until fruit is tender. Serve hot or cold.

**Nutrition Facts:** Each serving provides 160 calories, 6 g fat, 27 g carbohydrate, 3 g protein, 0 mg cholesterol, 0 mg sodium and 3 g dietary fiber. Daily Values: 6% vitamin A, 8% vitamin C, 2% calcium, 6% iron

